If you think that fitness is just designed for big and heavily build men, you probably have never heard of Ladies Fitness at the SSC. During the Ladies Fitness course you can discover that fitness is not just about brutal power. Fitness is also really helpful in getting a good body shape, developing power stamina and most important, improving your health. During our lessons you can get to know fitness and learn how to safely use fitness machines. Obviously the exercises are specifically aimed at women.

**Level:** Beginners  
**Location:** PaalFitness Studio  
**Price:** 10 euro  
**Number of lessons:** 8  
**Period:** Every Quartile  
**Day & time:** Tuesday, 20h00-21h00  
**Sports equipment:** Sports clothes (shorts and shirt), no shoes needed.

Do you want to be as strong (but not as bulky) as the hulk? Through PaalFitness you can certainly work on this! PaalFitness is all about using your own body to build up strength. During the PaalFitness classes you will learn how to do a variety of poses, invert and turns. Practicing this sport will help you improve not only your strength, but also your flexibility and stamina in an exciting way. To have a good grip on the pole, it is advised to wear short sleeved clothing.

After enrolling in this course, you will be taking a beginner’s course in which the basics are taught. When the course is finished, it is possible to join the association SPV Blue to continue enjoying the sport.